Site Name	Web address	Date last updated	Content	Intended Audience (beginner= no training in ergonomics, intermediate= limited ergonomics training, advanced= extensive ergonomics training)	Strengths	Weaknesses
National Institute of Environment and Health Sciences	http://www.niehs.nih.gov/odhsb/ergoguid/home.htm	1/29/2001	Ergonomic Disorders, Protective Measures to Help Eliminate or Reduce Ergonomic Stressors During Rountine Laboratory Procedures, Laboratory Stretching Exercises, Anatomy and Ergonomic Fundamentals of Human Motion, Alternative Manipulation of Forceps (Tweezers), Laboratory Self-Assessment Checklist	Beginner/ Intermediate	Easy to understand description of ergonomic disorders, good illustrations of risk factors in anatomy and ergonomic fundamentals of human motion. Covers majority of the laboratory functions. Good overview of MSDs and coverage of tasks not typically covered in other websites.	Protective measures- pretty basic, had helpful websites that contained outdated resources that you need to navigate through to find what you want. No product materials. Control measures are simplified a little too much. Resources are repeated on multiple pages. Vendor information would be helpful.

Stanford	http://www.stanford.edu/dept/EHS/prod/researchlab/lab/laboratory_ergonomics.html		Includes ergonomic tips for posture, work practices and equipment. Matching fund program included a list of approved purchase items. Has information about lab inspections and design guidelines	Beginner/ Intermediate	Liked that it included work practice tips, product sheet, early symptom detection and reporting, covers majority of lab functions. Covers the basics and is a good starting point.	Lots of text to read, needed more pictures, approved purchase items list pretty weak. Laboratory inspections and design guidelines did not mention ergonomics. Difficult to read!
UC Berkeley	http://www.uhs.berkeley.edu/facstaff/ergonomics/lab	1/6/2003	Intro, Pipetting, Microscope, Recommended Postures in the Lab, Modifying Your Tools, Campus Resources for Laboratory Researchers, Take a Stretch Break	Beginner/Intermediate	Good illustration of risk factors, Good specific resources with links, Good simple visuals (real people). Good Illustrations; pictures of do's and dont's; nice use of real people. Great ideas expecially articles for resources (UCLA).	No product material.To much reading, and real life pictures would be more helpful.
UCSD	http://www-ehs.ucsd.edu/ergo/training/labergo/ErgoLabSlide1.htm		Powerpoint presentation information on pipetting, microscopy, micromanipulation/ dissection, biosafety/chemical safety hoods, dispensing liquids, standing, writing lab notes, keyboarding/mousing	Beginner/ Intermediate	Shows some less than optimal set up during computer workstation, some solutions/options may be best with an illustration. For standing did not include option of sitting on stool or elevating foot.Covers majority of lab functions; simple solutions; good illustrations; straight to the point. Very basic- good template or starting point to add onto.	No product materials. Good real life examples but not enough resource information for controls.

National Institute of Health	http://odp.od.nih.gov/whpp/ergonomics/laboratory.html	1/19/1999	WHPAC funded ergonomic study of NIH laboratories	Beginner	Good illustrations, simple and easy to remember tips, not a lot of text	Very simple, not very comprehensive, especially lacking a depth of possible solutions, some questionable information for example in the flow cytometer section. Too basic would not be very helpful for most people. Information incomplete.
University of Cincinnati	http://ehs2.uc.edu/forms/lab_ergonomics.pdf	??	Self Assessment Checklist(yes/no questions) for computer use, bench, lab chair, microscope, pipetting, fine motor skills, microtome, crystat adapted from NIEHS	Beginner	Simple, can help identify areas to explore further. As good as any checklist can be. Checklist taken from NIEHS Website	Not sure how identified risks ie "pipetting greater than 2 hours" No indication on what to do if risks are evident.
University of Minnesota Department of Environment Health and Safety	http://www.dehs.umn.edu/ergo/lab		Symptom recognition, laboratory stressors including pipetting, fumehoods, workbenches, biological safety cabinets, microscopy, microtomy. Includes risk factors and preventative measures	Beginner	Simple, includes some pictures. Good Illustrations, and list of recommendations. Good for a safety talk. Easy to point out. Good link to office info. Shows work envelope. Good for safety talk	Did not know if the pictures were depicting good or bad illustrations since it did not have captions. Preventative measures never addressed design/ redesign considerations. For example: biosafety cabinet section has preventative measure "raise a couple of inches". No product materials; not complete coverage of major lab tasks Recommendations are not realistic "avoid elevating arms...for lengthy periods"

Center for Disease Control	http://www.cdc.gov/od/ohs/Ergonomics/labergo.htm	10/2/2002	Self assessment checklist, manufactures information, exercises/stretches, tips for pipetting, biosafety cabinets and benches, micromanipulation/fine motor,microtome/cryosta, flow cytometer, glove box, centrifuge, overhead lifting	Beginner	Liked that it included fine motor manipulation and lifting overhead. List of Product and Vendors even though very limited.	Very basic checklist that does tell you if yes/no is good /bad. Questionnable statistics ie avoid 25 degrees of neck flexion. Exercises are text only, no pictures.Questionnable rationale for how they decided 5 hours of microscopy ok. Boring no illustrations and sterile.
ChemSW	http://www.chemsw.com/15571.htm		15 downloadable training modules		$150.00 to download	
UCLA	http://www.ergonomics.ucla.edu/index.html		Ergonomic Tips for pipetting , hoods and cabinets, and microscope use, as well as a checklist	Beginner/Intermediate	Good basic information, easy to navigate through site. List of product vendors	Checklist really does tell users how each question is useful. Each job function is listed separately